

강박장애 환자의 임상양상 및 단기 치료반응

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ABSTRACT

Clinical Characteristics and Short-term Treatment Response in Patients with Obsessive-Compulsive Disorder

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Objective : The aim of this study was to describe and evaluate the clinical data and short-term treatment response in patients with obsessive-compulsive disorder (OCD) based on an outpatient setting. **Methods :** A group of patients with OCD underwent mean 12-weeks treatment with selective serotonin reuptake inhibitors. The patients were divided into two groups according to treatment response, defined as a reduction of the Yale-Brown Obsessive Compulsive Scale total score >35% and CGI of 1 or 2. **Results :** 1) Among the 249 patients, 24.1% had checking type and 23.7% washing type. Among these two types, 31.9% had mood disorder, 15.0% had anxiety disorder and 24.5% personality disorder as co-morbidity. One hundred fourteen patients (45.8%) responded to the treatment and 135 (54.2%) did not. The responders decreased Y-BOCS scores from 27.9 ± 7.2 at baseline to 21.3 ± 6.4 and 19.3 ± 3.8 at post-treatment 8 and 12 weeks, respectively (repeated measure ANOVA, $p=0.039$). There were no differences among the treatment responses to serotonin reuptake inhibitors. **Conclusion :** About half of the OCD patients showed a response to pharmacological treatment using SSRI in the outpatient clinic setting for 12 weeks. Long-term and contrast studies of OCD may elucidate further clinical aspects of this disorder in the future. (Korean J Psychopharmacol 2003;14(3):206-214)

KEY WORDS : Obsessive compulsive disorder · Clinical courses · Subtype · Comorbidity · Short term response.

서 론	(repetitive thought ; obsession)	
	(compulsion)	¹⁾
(obsessive - compulsive disorder ; OCD)	2.5%, ²⁾	0.37~2.29% ^{3,4)}
		.

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5)
, 2)
, 3)
, 4)
가
가
7)
7,8)
17
9)
가
10)
가
3,4)
6,11,12)
13,14)
15)
16)
가

연구대상 및 방법

1. 연구대상

1998 9 2002 8
372 12
249
1) 16 65
, 2) DSM - 1)
, 3) 가
1) 가

2. 임상 양상 및 증상의 평가

가
(Yale - Brown Obsessive - Compulsive Scale :
Y - BOCS)¹⁷⁾ Clinical Global Impressions(
CGI)¹⁸⁾ 12
가
, 가
가
가
(sudden
(episodic course),
(chronic
onset),
course)
6
, 1~3 , 4~6
, 1 (complete denial of
illness), 2
(slight awareness of being
sick and needing help but denying it at the same
time), 3

(awareness of being sick but blaming it on
others, on external factors, or on organic factors), 4

(awareness that illness is due to
something unknown in the patients), 5

(intellectual insight), 6 (emo-
tional insight) . 가 DSM -
1)

DSM - 1)

3. 약물치료

; fluoxetine(40~80 mg/day), sertraline(100~150 mg/day), paroxetine(40~60 mg/day), clomipramine(150~300 mg/day), fluvoxamine(150~300 mg/day).

benzodiazepine(alprazolam, clonazepam, lorazepam) trazodone 가 3 (Sero-tonin reuptake inhibitor, SRI)

4. 자료 분석

Y - BOCS가 가 25.2 ± 27.5
12 35% CGI im-
provement(CGI - I) 가 1 2
(Illness Duration), (preclinical dura-
tion of illness) Y - BOCS, CGI
One - way ANOVA
2 test
(), 4 , 8 12
Y - BOCS repeated measure ANOVA
post hoc . SRI 12
Y - BOCS One - way ANOVA

10.0)

결 과

1. 인구사회학적 특성 및 임상증상

249 180 (72%),
69 (28%) 30.8 ±
11.5 28.4 ± 10.8 , 37.1 ± 12.1
가 (F=23.0, df=1, p<0.05).
21.4 ± 9.7 19.4 ± 8.2 , 25.6
± 11.4 (F=20.1,
df=1, p<0.05). 102.2 ± 82.1
73.8 ± 73.6

2. 임상유형 및 동반 질환

249
(checking type) 60 (24.1%), (washing
type) 59 (23.7%) 가 ,
(pathologic doubt) 28 (11.2%),

Table 1. Demographic and clinical characteristics of the patients with Obsessive Compulsive Disorder

Variables	Total values	Male	Female
Sex	249	180 (72%)	69 (28%)
age* (year)	30.78 ± 11.53	28.37 ± 10.83	37.12 ± 12.12
Onset age** (year)	21.42 ± 9.69	19.42 ± 8.16	25.55 ± 11.39
Duration of illness (months)	102.21 ± 82.05	102.21 ± 84.14	102.20 ± 77.26
Pre duration of illness (months)	73.76 ± 73.61	73.47 ± 74.33	74.50 ± 72.48
Y-BOCS baseline	29.22 ± 6.29	28.91 ± 6.33	30.02 ± 6.17
CGI-S baseline	5.49 ± 0.95	5.42 ± 0.94	5.56 ± 0.96

Y-BOCS : Yale-Brown Obsessive Compulsive Scale, CGI-S : Clinical Global Impressions-Severity

* : One-way ANOVA, F=23.0, df=1, p<0.001

** : One-way ANOV, F=20.09, df=1, p<0.001

Table 2. Types of Obsessive compulsive disorder

Types	Number of patients	Percent
Compulsions		
Checking type	60	24.1
Counting type	13	5.2
Washing type	59	23.7
Symmetry and precision type	17	6.8
Hoarding type	12	4.8
Need to ask or confess type	11	4.4
Obsessions		
Pathologic doubt	28	11.2
Aggression	15	6.0
Sexual	9	3.6
Somatization	12	4.8
Contamination	3	1.2
Need for symmetry	6	2.4
Others	4	1.6
Totals	249	100

(symmetry precision type) 17 (6.8%),
(aggression) 15 (6.0%) (2).
가 가
.
가 21.3%,
16.4% .
가 80 (32.1%)
, 39 (15.7%), 61 (24.5%)
. 18 (7.2%) (3).

3. 치료 반응군과 비반응군 간의 임상 경과, 가족력 및 병식 비교

(responders) (nonresponders)
, 가 ,
(sudden onset) 31 (27.2%),
26 (19.3%), (episodic course)
41 (36.0%), 45 (33.3%),
(chronic course) 42 (36.9%),
64 (47.4%)
($\chi^2=7.271$, $df=2$, $p=0.067$)(4). 1 가 가
6 (5.2%), 9

Table 3. Comorbidity of obsessive compulsive disorder*

Disease entities	Specific diseases	Total number	Percent (%)
Mood disorder	Depression	72	28.9
	Dysthymia	3	1.2
	Bipolar disorder	3	1.2
	Other emotional problem	2	0.8
	Subtotal	80	32.1
Anxiety disorder	Panic disorder	7	2.8
	Hypochondriasis	6	2.4
	Social phobia	15	6.0
	GAD	3	1.2
	Other anxiety disorder	8	3.2
	Subtotal	39	15.7
Somatization disorder	Somatization disorder	3	1.2
Personality disorder	OCPD	30	12.0
	Avoidant PD	15	6.0
	Schizoid PD	3	1.2
	Borderline PD	5	2.0
	Histrionic PD	3	1.2
	Antisocial PD	2	0.8
	Schizotypal PD	3	1.2
	Subtotal	61	24.5
Child onset diseases	ADHD	4	1.6
	Tic disorder	18	7.2
Psychotic disorder	Psychotic disorder NOS	15	6.0
Others	Alcohol dependence	3	1.2
	PMS	1	0.4

* : some patients have more than 2 specific diseases

(6.7%), 19 (16.7%),
26 (19.3%),
27 (23.7%), 39 (28.9%)
($\chi^2=1.159$, $df=2$,
 $p=0.342$)(5). 가 69
(60.5%), 66 (48.9%)
($\chi^2=2.641$, $df=1$, $p=0.13$)(6).
26 (22.8%),
35 (25.9%) ($\chi^2=2.012$,
 $df=1$, $p=0.09$).

Table 4. Courses of obsessive compulsive disorder

	Courses		
	Sudden onset	Episodic	Chronic
OCD total cases	57 (22.9%)	86 (34.3%)	106 (42.7%)
Responder	31 (27.2%)	41 (36.0%)	42 (36.9%)
Nonresponder	26 (19.3%)	45 (33.3%)	64 (47.4%)

Chi-square 7.271, df=2, p=0.067

Table 5. Family history of obsessive compulsive disorder

	Family histories		
	Tic	OCD	Other disorders
OCD total cases	15 (6.0%)	45 (18.1%)	66 (26.5%)
Responder	6 (5.2%)	19 (16.7%)	27 (23.7%)
Nonresponder	9 (6.7%)	26 (19.3%)	39 (28.9%)

Chi-square 1.159, df=2, p=0.342

Table 6. Insight of obsessive compulsive disorder

	Insight	
	Present (good to fair)	Absent (poor insight)
OCD total cases	135 (54.2%)	114 (45.8%)
Responder	69 (60.5%)	45 (39.5%)
Nonresponder	66 (48.9%)	69 (51.1%)

Chi-square 2.641, df=1, p=0.13

Table 7. Treatment responses to various serotonin reuptake inhibitors

Drugs	N	Y-BOCS sores (mean \pm S.D.)	
		Baseline	at 12 th weeks*
Fluoxetine	126	29.17 \pm 4.88	20.57 \pm 7.09
Sertraline	31	30.02 \pm 5.67	21.08 \pm 4.77
Paroxetine	54	31.10 \pm 6.89	23.64 \pm 4.61
Clomipramine	18	30.20 \pm 7.26	21.90 \pm 8.22
Fluvoxamine	20	27.28 \pm 6.47	18.40 \pm 2.88
Total	249	29.22 \pm 6.29	21.25 \pm 6.94

* : One way ANOVA, F : 0.621, df : 4, p : 0.684

4. 치료 반응

Y - BOCS
(27.9 \pm 7.2) (30.3 \pm 5.2)
(t=2.245, df=164, p=0.016)가 . 249
4 114 (45.8%),
135 (54.2%) .

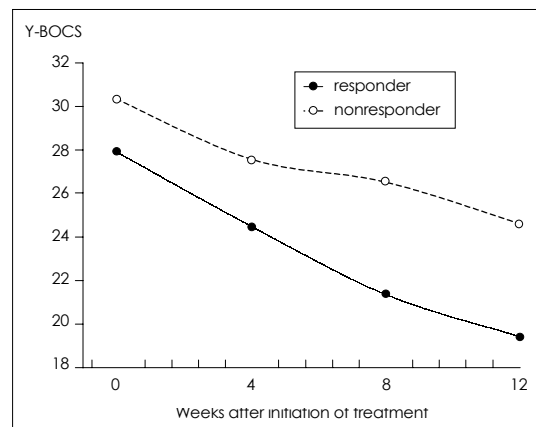


Figure 1. Courses of treatment response in responder and nonresponder. Repeated measure ANOVA at 4, 8, 12 weeks with baseline Y-BOCS scores ; post hoc Bonferroni's t-test ; p<0.05 in responder group. Y-BOCS : Yale-Brown Obsessive Compulsive Scale scores.

가 4 , 8 , 12 Y - BO-
CS 27.9 \pm 7.2 , 24.4 \pm 5.9, 21.3 \pm 6.4, 19.3 \pm 3.8
가

(repeated measure ANOVA, post hoc bonferroni correction, t=4.239, p=0.039).

가 4 , 8 , 12 Y - BOCS 30.3 \pm 6.2, 27.5 \pm 5.9, 26.5 \pm 4.6, 24.5 \pm 4.4 (1).

, fluoxetine, sertraline, paroxetine, clomipramine, flu-

voxamine Y - BOCS 29.17 ± 4.88, 30.02 ± 5.67, 31.10 ± 6.89, 30.20 ± 7.26, 27.28 ± 6.47, 12 20.57 ± 7.09, 21.08 ± 4.77, 23.64 ± 4.61, 21.90 ± 8.22, 18.40 ± 2.88 가 (One way ANOVA, df=4, p=0.684)(7). 12 fluoxetine, 72.6 ± 5.6 mg/day, 76.1 ± 4.8 mg/day (t=3.324, p=0.11), sertraline, 124.8 ± 23.1 mg/day, 135.9 ± 21.9 mg/day (t=5.854, p=0.07), paroxetine, 42.4 ± 11.2 mg/day, 45.8 ± 9.8 mg/day (t=3.215, p=0.21), clomipramine, 212.3 ± 67.4 mg/day, 258.4 ± 46.7 mg/day (t=11.345, p=0.04), fluvoxamine 186.3 ± 46.9 mg/day, 175.4 ± 23.6 mg/day (t=6.357, p=0.121) clomipramine

가 (). 가 (24.1%) (contamination) (23.7%) . 24 - 26) 가 가 가 6) (27%) 가 , 가 (11.2%), (6.8%), (counting type)(5.2%), (hoarding type) (4.8%), (somatization type)(4.8%) 24,25,27) 가 . 6,28)

고 찰

가 . 29) Bengali 30) 72 : 28 가 2,20) 3) 1 : 1 , 2.01 2.47% 가 가 가 가 가 (comorbidity) 21.4 (25.6) (19.4) 27,31,32) 가 , Axis (31%), (11%), (8%), (8%), (6%), (5%) , 32) Axis (25.3~31%), (13.3~36%) (12~17%) 13,33,34) , Axis I (28.9%) 가 (6.0%) (15.0%) (7.2%) (1.2%)

. Axis (12.0%) 가 가 . 39)
(6.6%)가 가 . 33,34)
27) 가 .
가 , 가 ,
(24.5%) 50% . Rasmussen 가 .
34) Eisen²⁶⁾ 가 33~65% . 40)
30%
가 , 41 - 43)
249
114 (45.8%)
가 ²⁶⁾ 12
가 가
22.9%가 , 34.3%가
, 42.7%가 (4). Hollander
35) 가 . (field trial data)
가 가
가 가
가 , 가
35) 가 . Hollander
가 가
가 , 가 가
가 가
. 가 가 12
(early onset) 가
³⁶⁾ Hollander ³⁵⁾ 가
가 가
. Eisen ³⁷⁾
가 , 35,38) 가 .

요 약

연구목적 : 강박장애의 유병률, 신경정신의학 1994;33:5-17.

방 법 : 1998 9 2002 8 (SRI) 249 Y-BOCS CGI 가 12 BOCS 가 35% CGI-I가 1 2)

결 과 : 24.1%, 23.7% 가 가 80(31.9%) 61(24.5%) , 39(15.0%) 18(7.2%) . 249 114 (45.8%) , 가 8 , 12 Y-BOCS 27.9±7.2 , 21.3±6.4, 19.3±3.8, 가 (repeated measure ANOVA, post hoc bonferroni correction, t=4.239, p=0.039). SRI , fluoxetine, sertraline, paroxetine, clomipramine, fluvoxamine 4 가 (One way ANOVA, df=4, p=0.684).

결 론 : 가 .

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